

**IOWA SOFTBALL COACHES CLINIC**

**JANUARY 31, 2009**

**PRE-REGISTRATION**

\$65 \_\_\_\_\_ Coach                      \$20 \_\_\_\_\_ High School Student

**PRE-REGISTRATION DEADLINE: JANUARY 23**

NAME \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

COACH: High School \_\_\_\_\_ Junior High \_\_\_\_\_ ASA \_\_\_\_\_ College \_\_\_\_\_ Other \_\_\_\_\_

(please check appropriate line)

NAME OF SCHOOL \_\_\_\_\_

NAME & LEVEL OF ASA TEAM \_\_\_\_\_

**IF YOU ARE A STUDENT REGISTERING, PLEASE COMPLETE THE  
FOLLOWING:**

NAME \_\_\_\_\_ CITY \_\_\_\_\_

SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

(Students may attend and observe all sessions but there will be no hands-on participation)

**Make checks payable to: Iowa Softball Coaches Clinic**

**MAIL REGISTRATION FORM AND CHECK TO:**

**Gayle Blevins, Clinic Director**

**254 Carver Hawkeye Arena**

**Iowa City, IA 52242**

**\*\*PLEASE DUPLICATE THIS FORM FOR EACH COACH AND STUDENT REGISTERING\*\***

*22nd Annual*

***IOWA SOFTBALL  
COACHES CLINIC***

***Iowa City, Iowa***

***January 31, 2009***



*Sponsored by*

**The University of Iowa**

## 22nd Annual Iowa Softball Coaches Clinic January 31, 2009

**SITE:** The University of Iowa Bubble.

**FORMAT** There will be two primary sessions that will be followed by breakout sessions of your choice based upon your need and/or skill level. Please refer to our website ([www.hawkeyesports.com](http://www.hawkeyesports.com)) and click on the Coaches Clinic link for specifics on all sessions. Some sessions will include **video**; others will involve live demonstrations.

### CLINIC FEES:

Pre-Registration—\$65 for coaches

\$20 for students

### Postmarked no later than January 23

Pre-registered coaches will receive a clinic notebook, notes and lunch. Pre-registered students will receive lunch.

### No refunds for coaches or athletes after January 26.

On-Site Registration—\$70 for coaches  
\$25 for students

Coaches registering on-site will receive clinic notes only.

**CLINIC DIRECTIONS:** From I-80, exit 242—Coralville; south on 1st Avenue to 2nd Street; turn left; go to Hawkins Drive and turn right; follow signs to the Football Bubble (across the street from University Hospitals).

The University of Iowa prohibits discrimination in employment and in its educational programs and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity or associational preference. The University of Iowa also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information on nondiscrimination policies, contact the Coordinator of Title IX, Section 504, and the ADA in the Office of Affirmative Action, 319/335-0705 (voice) or 319/335-0697 (text). The University of Iowa, 202 Jessup Hall, Iowa City, IA 52242-1316. Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the sponsoring department or contact person in advance at 319/335-7691.

## SATURDAY, JANUARY 31

- 8:00 REGISTRATION AND EXHIBITORS
- 9:00 **PRE-GAME AND GAME FORMAT: HOW TO PRACTICE WITHOUT PRACTICE**—Gayle Blevins
- 9:45 **PITCHING: MECHANICS, PROBLEMS & SOLUTIONS**—Shane Bouman
- 10:30 CHOOSE A BREAKOUT SESSION
- PITCH DEVELOPMENT: RISE, CHANGE, SCREW**—Shane Bouman
- PITCH DEVELOPMENT: DROP, CURVE** — Diane Stephenson
- MENTAL GAME** – Gayle Blevins
- 11:00 **TRAINING YOUR CATCHER** - Diane Stephenson
- 11:45 LUNCH AND EXHIBITORS
- Q & A WITH COACHES**
- 12:45 CHOOSE A BREAKOUT SESSION
- THROWING AND CATCHING PROGRESSION**—Bouman
- DEFENSIVE FOOTWORK AND GLOVE-WORK**—Stephenson
- DEFENSIVE VIDEO ANALYSIS: PROBLEMS & SOLUTIONS** –Blevins
- 1:15 **HITTING MECHANICS**—Diane Stephenson
- 2:00 CHOOSE A BREAKOUT SESSION
- BUNTING MECHANICS AND DRILLS** - Bouman
- SLAP HITTING MECHANICS AND DRILLS** –Blevins
- HITTING DRILLS**—Stephenson
- 2:30 **STRENGTH TRAINING: SPEED & AGILITY WORK**  
Lakeysha Benzing
- 3:15 **IOWA SOFTBALL TEAM PRACTICE**
- 4:15 **Clinic Concludes**

Official Clinic Hotel: **Marriott Hotel**  
**300 E. 9th Street (319/688-4000)** Exit 242 off I-80; south on 1st Avenue, left on 9th Street. When making reservations request **Iowa Softball Coaches Clinic** rate.  
Rooms will be released January 16.



## Iowa Softball Clinic Staff



**Gayle Blevins**—Head Coach. Entering her 22nd season, Blevins has led her teams to 7 Women's College World Series appearances (4 at Iowa), won 8 Big Ten titles (5 at Iowa) and has been inducted into the Indiana University and NFCA Hall of Fame.



**Shane Bouman**—Pitching Coach. Bouman enters his 2nd year as the Hawkeye pitching coach. He was formerly the head coach at South Dakota State for 6 years. As a pitcher, Bouman was a 4-time ASA All American. He led 5 teams to ASA national championships.



**Diane Stephenson**—Assistant Coach. Stephenson begins her 1st season as an assistant coach for the Iowa Softball team in charge of hitting and catchers. She was formerly head coach at Indiana University for 15 years, taking the Hoosiers to the NCAA Tournament 2 times. Stephenson was an All American and All Big Ten catcher for the Hoosiers.



**Lakeysha Benzing**—MS, USA-W, CWCS, CrossFit-Strength Training & Speed Coach. Benzing has served as the Hawkeye strength and speed coach and is now in private practice in Madison, Wisconsin. Prior to Iowa, Benzing was the Asst. Director of Athletic Performance at the Univ. of San Diego. She was Asst. Strength and Conditioning Coach at the Univ. of Wisconsin (Madison) in 2006-2007. Benzing is still competing and is a nationally ranked Olympic style weightlifter and an elite level track athlete.